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ABSTRACT

This packet contains two lesson plans for a class on making bread to be taught in an adult literacy program. Developed by a teacher who has taught the classes to 175 people, the lesson plans each contain complete directions for working with students while baking bread. One lesson plan is for experienced home bakers, and the other is a simpler version written at an easy reading level. Both lesson plans include class outlines for the teacher and for the students, recipes, lists of supplies needed, step-by-step instructions for conducting the class and for baking the breads, and bread-baking tips. A guide to the nutrition content of various breads and a U.S. Department of Agriculture Food Pyramid chart are included in the packet. The second lesson plan also contains an advertisement for the class and a promotional article to recruit teachers for it. (KC)

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ED 407 550

HOME-MADE BREADS
HOME-BAKED BREADS FOR BUSY PEOPLE

John Kirk
1997

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Instructor: John Kirk
1997

Lesson Plan and Materials List for Home-Made Breads

I. Objectives:
   A. This class is designed to last for one session of about two and a half hours. Its reading and content levels are for special education students at or above the junior high school level or for intermediate level ABE or ESL students.
   B. In Home-Made Breads students learn the basics of making batter, kneading, and baking dough by making a no-knead bread, a dinner roll and a loaf of bread.
   C. The teacher also explains using the student handout a bread baking system where you can use the refrigerator and freezer to have a steady supply of home-made breads. It can help people's food budget out a lot, especially if they make a pizza using their own crust (shaping a crust needs to be demonstrated), several loaves of bread and some rolls on a weekly basis. It can also help them to have a healthy diet.

II. Teaching steps:
   A. About fifteen minutes before class, fill a two gallon pot with water almost to the top and heat the water to about 125 degrees.
   B. Then simply follow the student instructions.
   C. Leftover dough can be combined to fill medium or large size class loaf pans. This dough can be shaped, panned, left to rise and then baked soon after the class. It can also be put in the refrigerator and baked several hours later or reshaped and baked during the next two days.
   D. The class is tentatively set up for teams of two. It can be completed in 120-150 minutes.

III. MATERIALS needed for each team:
   1. gallon bowl
   2. 1/2 gallon bowl
   3. wooden spoon
   4. 8 ounce measuring cup
   5. plastic dough scraper
   6. Each team will need two reusable E-Z Foil aluminum baking pans: 5¾" X 3¼" X 2". They cost about .20 each.

   Other materials needed for class as a whole:
   7. 1 can nonstick spray for use by every 6 people
   8. Several quick read thermometers
   9. A two gallon pot with a lid for heating water for eight teams
   10. Dish cloths, soap
   11. 1 gallon plastic bags
   12. 1 large cookie sheet for use by every 6 people
   13. Ingredients for every 20 students = 20 lb. flour, 2 four ounce jars of yeast
   14. Ingredients for every 20 students = 1 lb. sugar and salt and a 16 oz. bottle of vegetable oil
   15. Serrated knife
   16. Several medium or large size bread pans for baking leftover dough
   17. One standard oven for every eight teams

Instructor: John Kirk
1997
Student Handout

Home-Made Breads

Baking bread is a good hobby and easy to do. In this class you will divide into teams of two. Each team will make a no-knead bread, 2 rolls, and a loaf of bread. While the breads are baking, I will tell you how baking bread can save you some money. Briefly, to do this you first make a lot of dough; then you use the refrigerator and freezer to help you have great homemade bread every day.

INSTRUCTIONS FOR MAKING BREAD

Class Recipe

2 1/2 C water	2T yeast
2T oil	7C all-purpose or bread flour
	3T sugar, honey, or molasses
	2t salt

C = cup
T = tablespoon
t = teaspoon

1.0 MAKING THE BATTER

1.1 Put 2 ½ C of 120-125 degree water and 2T oil into the medium bowl.
1.2 Put 5C of flour, 2T yeast, 3T sugar, and 2t salt into the large bowl.
1.3 Mix the large bowl with a wooden spoon.
1.4 Add all the water and oil from the medium bowl into the large bowl.
1.5 Mix the large bowl with a wooden spoon.
1.6 As you mix, slowly add about 1C of flour to the large bowl.
1.7 Mix and add flour until the batter begins to come away from the sides of the bowl.

2.0 NO-KNEAD BATTER BREAD

2.1 When the batter begins to come away from the sides of the bowl, you're ready to make no-knead batter bread.
2.2 To do this, first spray non-stick cooking spray in a small aluminum foil

baking pan.

2.3 Next, scoop out 1 C of batter from your bowl with a 1 C measure.

2.4 Put the batter into the baking pan and smooth it out.

2.5 Take a small piece of aluminum foil. Make it into a shape you can remember and write your initials on it with a pencil.

2.6 Then cover the pan with plastic wrap, put your piece of foil on top of the plastic wrap, and let the batter rise for about 45 minutes or until it has doubled.

2.7 After about 30 minutes, preheat an oven to 400 degrees.

2.8 After the batter has doubled in size, take off the plastic wrap and stand up your aluminum foil ID in it about one inch deep.

2.9 Then bake the no-knead bread at 400 degrees for about 25 minutes.

2.10 After 25 minutes, take it out of the oven.

2.11 Measure its temperature with a quick read thermometer. If it reads 190 degrees, it's done. If it reads less than 190 degrees, return it to the oven for 3-5 minutes and measure it again.

2.12 When the bread is done, take it from the pan and put it on a bread rack to cool.

2.13 Let bread cool for 15 minutes before you try to cut it. This way it won't be gummy where you cut it.

3.0 KNEADING

3.1 Now it's time to take the batter out of the bowl and make it into dough. (After you do this, you will shape one piece into a dinner roll and another into a loaf of bread.)

3.2 First, dust the counter where you will knead your dough with a little flour.

3.3 Then scoop out the batter from your bowl with the plastic dough scraper and put it on the dusted counter.

3.4 This is a good time to wash your bowl. When you make batter and dough, it's usually OK to stop for ten minutes at any time to do something else.

3.5 Put the rest of the flour from your small bowl onto the counter next to your batter.

(Steps 3.6 - 3.9 describe a good motion for kneading. By kneading this way, you can double or triple the class recipe and knead a lot of

dough at the same time.)

3.6 Lightly, push the dough away from you with both hands.
3.7 Then give it a slight turn.
3.8 Then fold it and pull it back.
3.9 Repeat this motion.
3.10 The batter is messy when you begin to knead. Use your plastic dough scraper to keep the batter from sticking to the counter.
3.11 When you knead, try *not to* push down on the dough with the heels of your hands. If you do, your bread will be drier after it's baked and not taste moist.
3.12 Don't add too much flour when you knead. Only add flour to keep the dough from sticking to your hands or the counter.
3.13 Dough that is stuck to your hands can be put back with the rest of the dough.
3.14 After about 5 minutes of kneading, the dough will begin to feel smooth, elastic, and springy.
3.15 When you can knead the dough 5-10 times without having to add more flour, this shows that it has about the right amount of flour in it.
3.16 Knead for about 10 minutes and set the dough aside to rest.
3.17 Now is a good time to clean the counter.

4.0 MAKING A DINNER ROLL

4.1 Spray some non-stick cooking oil on the counter where you will work and on your hands.
4.2 Cut off about 2/3 cup of dough, divide it in half for each person in the team, and put the two pieces on the counter.
4.3 Cover the dough with the palm of your hand.
4.4 Cup your hand by moving your thumb under your forefinger.
4.5 Try to make the dough into a smooth ball.
4.6 Do this by pressing down with your hand and moving it around in a small circle 4-8 times.
4.7 The dough should slide on the counter under your hand, not roll.
4.8 When your dinner roll is ready, spray a cookie sheet with non-stick spray and place the roll on it.
4.9 Keep the rolls about 2-3 inches from each other.
4.10 Also, lightly spray a piece of plastic wrap and cover the roll/s with it.
4.11 This will keep the dough moist while it's rising.

4.12 Let it rise until it's doubled - about 50 minutes.
4.13 Preheat an oven to about 400 degrees.
4.14 Then uncover the rolls and place them in a pre-heated 400 degree oven.
4.15 Bake them about 20 minutes.
4.16 Then take them out and measure the temperature of one roll. If it's 190 degrees, it's done.
4.17 Let them cool about 10 minutes. Then you can eat them!

5.0 MAKING A LOAF OF BREAD

5.1 Spray some non-stick cooking oil on the counter where you will work and on your hands.
5.2 Squeeze off 2 ½ C of dough and put it on the counter.
5.3 To shape the loaf, make a circle around the dough with your hands.
5.4 Pull the skin of the top of the dough tightly by slowly moving the bottom of your hands together. (Both team members should practice this.)
5.5 Do this several times until the ball of dough is smooth on the top and on the sides.
5.7 With your fingers, pinch any rough seams on the bottom of the dough together with your fingers.
5.8 Now shape the dough on the counter so that it will roughly fill the inside of your bread pan.
5.9 Spray a medium size bread pan with non-stick cooking spray.
5.10 Place the dough in the bread pan.
5.11 If necessary, push down on it so that it reaches both ends of the pan.
5.12 Spray a piece of plastic wrap with non-stick cooking spray and cover the bread pan with it.
5.13 Place the pan in a place to rise in a place where there are no drafts.
5.14 Rise the dough until it's doubled.
5.15 10 minutes before you bake the bread, preheat the oven to 375 degrees.
5.16 After the bread has doubled, remove the plastic wrap and place it in the oven.
5.17 Bake it for 25 minutes.
5.18 Using the quick read thermometer, check to see if it's reached 190 degrees. If the thermometer reads about 180 degrees, return the bread to the oven for 3-5 minutes.

5.19 Remove the bread from the oven and place on a rack to cool.
5.20 Wait 15 minutes before you slice the bread to eat it, or it will become gummy where the knife made the cut.
5.21 Wait 1-2 hours for the bread to cool. Then put it in a plastic bag to keep it fresh.

6.0 USING YOUR REFRIGERATOR AND FREEZER TO SAVE TIME

6.1 If you use your refrigerator and freezer and bake two to three times per month, you can eat great homemade bread every day.
6.2 With practice, you can knead two to four times the amount of dough in the class recipe at one time.
6.3 If you want to make a different kind of bread like oatmeal or whole wheat, find a recipe in a cookbook and double or triple it to make the amount you want.
6.4 To use your refrigerator and freezer, first try to double the class recipe to make four loaves of bread.
6.5 After the dough is made, let it all rise one time.
6.6 Then shape the dough for two breads and rise it for the second time in the pans.
6.7 Bake the two loaves after they have doubled in size.
6.8 If one loaf will last you about two days, freeze the other after it has cooled.
6.9 To freeze a loaf of bread, try the following method.
6.10 First put it tightly in a one gallon plastic bag.
6.11 Then wrap it tightly in two plastic supermarket bags.
6.12 Bread that is triple bagged stays fresher than bread wrapped in only one bag when it's stored in the freezer.
6.13 Then label it with a marker saying what kind of bread it is and when it was baked.
6.14 Then freeze it up to about one month.
6.15 To eat it, simply take it out of its bags and thaw it out on the counter for about two hours.
6.16 If you thaw it out when it's still in its bags, it will get too moist.
6.17 Some people like to slice the bread after it has thawed for about one hour.
6.18 It's easier to slice when it's still partly frozen.
6.19 Bread that has been frozen will taste very good. But it won't taste as

good as bread that has just been baked from frozen dough.

6.20 To make bread from frozen dough, first divide the rest of the dough from step 6.6 in half.

6.21 Put these two pieces into one gallon plastic bags.

6.22 Then put each piece into two plastic supermarket bags. Triple bagging frozen dough is as important as triple bagging frozen bread.

6.23 Then write the name of the kind of bread it is and the date it was frozen on the outside bag with a marker.

6.24 Put the two bags of dough in the freezer for up to a month.

6.25 When you want to bake the dough, do the following.

6.26 Move it from the freezer to the refrigerator the night before the day you want to bake it.

6.27 The next morning, take it out of its bags, shape and pan it.

6.28 Then put the pan inside a one gallon plastic bag, seal it, and put it in the refrigerator.

6.29 Three hours before you want to bake the bread, take it out of the refrigerator, keep the bag on it so that it won't dry out, and set it on the counter to rise.

6.30 After its doubled, you can bake it.

6.31 Dough that has come from the refrigerator usually needs to be bake three to five minutes longer than freshly made dough.

Baking bread is a good hobby. It lets you be creative. Also, the bread smells good in your home when it's baking and tastes wonderful. It can also be very good for you if you don't use too much salt, sugar and oil.

And usually the equipment you need is cheap to buy. Most homes already have a refrigerator and a stove. They also usually have a bowl, a spoon and a pan. The quick read thermometer costs about $8.00, but it's not necessary to buy.

Baking bread can also help you save some money. If in one week two people bake a pizza, some rolls, buns, and bread, they could each save $10! And that could add up to a lot of money by the end of the year.

Some people like to eat it so much that they don't have room to eat expensive foods that sometimes make them gain weight! Finally, it's not hard to make white, oatmeal, whole wheat, and anadama (corn) breads at home by hand.

Home-Baked Breads for Busy People
Instructor: John Kirk
Adult Education Enrichment
Overview and Lesson Plan
1997

Written materials being currently used to teach this class at adult education programs and included in this packet:

A. Lesson plan - three pages (contained herein)
B. Student handout - five pages written by John Kirk, and handouts from The Wheat Foods Council, The Center for Science in the Public Interest, and the USDA. The first two handouts can be copied. The last one, The Food Guide Pyramid...Beyond the Basic 4, is free and can generally be obtained from the Cooperative Extension Service of state universities in large quantities; if not available, it can be copied, as government materials such as this are not protected by copyright. More information about the professionally written handouts is in the works-cited section of the student handout.
C. A 75 word advertisement for this class written to be used for an adult education course brochure
D. A class list for students letting them know what to bring to the class. It can be distributed to students upon registration or mailed to them.

E. (An extra piece of information: A newsletter article requesting teachers for this class and describing it)

Class Description: This is a two and a half hour adult education enrichment class that provides a hands-on experience for baking five different types of breads and demonstrates several others.

It is a streamlined and tested introduction to a hobby which is widely considered time-consuming and minimally productive; however, in one meeting students learn how families can include bread-baking in their busy schedules, save money on their food budget, and improve or maintain the quality of their diets.

Several time-saving methods of baking are explained. Handouts for parents to share with middle school aged children about how bread fits into the USDA Food Guide Pyramid are briefly presented.

I. Objectives
   A. To teach the basics of making batter, kneading, and baking bread so that students will be able to follow recipes at home.

1. Students will bake a no-knead bread, baguette, soft pretzel, and bagel in class from a basic dough recipe using rapid rise yeast. They will also shape a medium sized braided loaf to bring home to bake.
    a. A handout will be provided which describes the step by step class procedure with references to the King Arthur Flour video Perfect Bread by Betsy Openeer and the book Best-Ever Breads by Fleischmann's Yeast. (The book costs $2.95 and must be sent away for.)
    b. Shaping a regular roll, hamburger and hot dog and Italian roll, a regular loaf of bread, and a pizza crust will be briefly demonstrated. (3-5 minutes)
    c. The class is ideally taught in a home economics classroom which has three or four working ovens. In this situation, 15 people can have their own work station and bake four breads if they use 6"x3"x2" disposable loaf pans.

B. To explain several time-saving ways to make bread on a continuous basis using a refrigerator and freezer. (See class handout steps 28-37.)

C. To enable class members to explain to young people the role that bread plays in a healthy diet and how to organize their diet around the food guide pyramid. Handouts from the USDA and The Wheat Foods Council are provided.

II. Teaching steps

A. Preparing for the class:

1. Make three to four cups of dough before class for demonstrating kneading and shaping. Not having to make dough during class time gives more time to spend with the students. They usually don't mind being shown with their own dough how to improve their technique.
2. Teacher's list of what to bring to class
    a. several plastic dough scrapers for students who couldn't buy one
    b. quick read thermometer
    c. two 10-12 qt. pots with lids for heating water and boiling the bagels
    d. two 1 cup measures
    e. sharp serrated knife for putting slashes in baguettes
    f. 1 or 2 brushes for applying egg wash
    g. 1 or 2 eggs
    h. coarse Kosher salt for pretzels
    i. apron, several slotted spoons for scooping out bagels
    j. 15 small, reusable aluminum foil bread pans 6"x3"x2" (about .20 each)
    k. 5 lbs. flour and a small bag of yeast in case it's needed
    l. four double sized baguette pans for up to sixteen 10 inch baguettes
    m. watch, paper, pencil
    n. books and materials listed on works-cited list

B. Upon arriving in class:

1. Use two 10-12 quart pots to heat about 3C of water for each student to 125-130 degrees.

2. Adjust over racks so that one is one level above the center position and the other is one level above the lowest notch. This way you will be able to bake at two levels and accommodate breads from all the students. If doing this, switch the breads when they're about half baked. The bagels can also be flipped when the racks are switched.
3. Set up your presentation area for brief demonstrations. (Much of the class time students will be at their work areas following the directions in the handout as you go through them.)

C. When class arrives:
   1. Ask them to write any questions they might have on a 3x5 index card and to take a copy of the handouts. If possible, provide a copy of Best-Ever Breads for students to browse. Free copies of The Food Guide Pyramid...Beyond the Basic 4 can be obtained from the Cooperative Extension Service at the state university. This brochure can be copied; no government materials such as this are under copyright law. People are also free to copy the handouts from The Wheat Foods Council.
   2. Have people introduce themselves by their first names.
   3. Explain the goals of the class as described in the class advertisement.
   4. I like to point out that I'm not familiar with the classroom ovens, that we won't be allowing some of the breads to rise according to the rules to save time, and that the students should think of this class as a test kitchen where the purpose is not to bake perfect breads that night, but to enable everyone to follow basic recipes at home.

D. Do numbers 1-29 on class handout. (Step 22 has important information.) Remember to have water boiling in two pots when it's time to boil the bagels. The breads can be baked from cold ovens if given five extra minutes to bake.

E. Then ask students to be seated while you explain number 30-41 on the handout and briefly present the information about the roll bread plays in the Food Guide Pyramid. They're usually happy to sit down but anxious to get home!

F. To conclude the class, I thank them for coming and say, "I feel bread baking is a great hobby: it challenges your creativity, smells good when it's baking, tastes good, and is good for you. It's inexpensive to do: for equipment you only need a bowl, spoon and a pan. It can save you money, especially if you bake pizza and bagels frequently. It's a good family activity, and it's fairly easy to make good oat, anadama, whole wheat and white bread at home."

G. Good luck with the class!

Instructor: John Kirk
Adult Education Enrichment
Fall, 1997

Home-Baked Breads for Busy People

Introduction

A. This class is an introduction to how to make home-made bread and let it play an important role in your diet.

B. In the first part of the class, we will bake a no-knead bread, a baguette, pretzel and a bagel and make a regular-sized braided loaf to bake at home. Shaping pizza crust and several different kinds of rolls will also be demonstrated.

C. In the second part, I will introduce a baking system that can help your food budget.

D. In the third part, I will briefly introduce information that can be used to explain to middle school aged children the "roll" that bread plays in The Food Guide Pyramid.

E. This handout refers to bread-baking techniques presented in the video Perfect Bread by Betsy Openeer of King Arthur Flour Co. It's keyed to Best-Ever Breads, a well-written $3.00 cookbook by Fleischmann's Yeast that can be sent away for. (See works-cited.)

Class Recipe

2¾ C water
2T oil
2 packets rapid rise yeast
8 C unbleached all-purpose flour
2-3T sugar
2-3 t salt

C = cup
T = tablespoon
t = teaspoon

(Similar recipes in Best-Ever Breads are Master Bread Dough, p. 16 and Honey Wheat Bread, p. 24. The above recipe has 80 calories per slice when you use a medium sized loaf pan, and there are 16 slices per loaf.)

Instructions

1. The above recipe with 2 3/4C water is made for including one cup of no-knead batter for a small loaf of bread. If used at home and you are making only kneaded breads, use just 2 ½ C water and ½ C less flour. No-knead bread requires more water because it is cooked as a batter, not a dough.
2. The amount of flour in a bread recipe will sometimes vary 5-10% depending on the weather conditions, the type of flour you use (whole wheat, rye, white bread, or all-purpose flour...), and if it is spooned or sifted. White bread flour and whole wheat bread flour can be substituted for all-purpose flour with the addition of about 5% more

water.

3. The above recipe can be double or tripled and kneaded at one time by an experienced person.
4. In class the technique of "kneading by feel" (Perfect Bread) will be presented. It's useful because the right amount of flour on a particular day for a particular recipe will sometimes vary for the reasons mentioned in step 2. It lets you vary your ingredients as necessary to make a well-kneaded dough each time.
5. To use Fleischmann's "quick rise method," put 2 ¾ C of 120-130 degree water from one of the class cooking pots on a stove and 2T oil into a medium bowl. You can use this method of rising with regular yeast, too. (For directions on using regular and rapid rise yeast, see Best-Ever Breads, p. 9-11.)
6. With rapid rise yeast, the dough only needs to rest only ten minutes before it's shaped and panned. Dough made with this yeast is generally best if baked the day it's made due to the increased fermentation speed.
7. Proof the yeast if you want to see if it's active. To do this, put it in a bowl of 110 degree water for seven minutes. If it bubbles, it's active. Also, for economy you can buy a two pound bag of regular yeast and keep it in your refrigerator; it will sometimes last for more than six months.
8. In a large 4-5 quart bowl, put in 5C all-purpose flour and all of the yeast, salt and sugar and mix with a wooden spoon. These are the ingredients from #1 of the class list.
9. Add the water and oil from step 5 into the dry mixture and stir.
10. As you continue to mix, slowly add about 1-2 C more flour (class list 2) until the batter starts to come away from the sides of the bowl and it's difficult to mix with a spoon. Now is a good time to add herbs to your dough if you wish to do so (class list 20)
11. **No-Knead Batter Bread**: At this point, spray on a good amount of non stick cooking spray into one of the small aluminum class baking pans, put in 1C of batter mixture, stand up a piece of aluminum foil in the batter for identification, and set it aside to rise until doubled. Then bake at 400 degrees for about 25 minutes or until a quick read thermometer reads 190 degrees.
12. Breads are generally baked when they reach 190 degrees. A quick read thermometer costs about $8.00 and is available in some supermarkets and most cooking shops. It's especially helpful when baking with dough that's been in the refrigerator. (Best-Ever Breads, Sally Lunn, p. 47)
13. Next, pour out the remaining flour onto the counter to the side of where you'll be kneading and dust the counter and your dough.
14. Then, scoop out the batter onto the counter with your dough scraper.
15. One technique for kneading with a light touch, especially when kneading a lot of dough, is to push the dough across the counter, give it a slight turn, pull it back and then fold it. By lightly kneading instead of pushing down with the palms of your hands, the bread is more moist when baked. As a general rule, add only enough flour so that the dough won't stick to your hands, the bread board, or the counter as you knead.
16. When you can knead the dough 5-10 times without having to add more flour, this is an indication that it has about the right amount of flour in it. A "slack" or sticky dough is more difficult to knead but makes a bread with a texture that's moist and light. Also, when kneading, dough stuck to your hands can be returned to the main body of dough. (Perfect Bread and Best-Ever Bread, p. 11-13)

17. In a few minutes the dough will begin to feel smooth, elastic, and springy. When you've used most of your flour, kneaded for ten minutes, and can hold the dough upside down with your hand and it only slowly extends, it's properly kneaded.
18. By kneading for ten minutes, you develop enough gluten to enable it to double and sometimes triple without collapsing when it's baked. A higher rise gives the bread more lightness and an improved texture. (Perfect Bread and Best-Ever Bread, p. 11-13)
19. Clean the counter and spray it with non stick cooking spray or rub on a little oil. Dough won't absorb flour when it's worked the second time like it did the first.
20. **Baguette**: Take a 1C piece of dough, roll it into a hot dog shape about 8-10" long, and place it at one end of one of the class baguette pans. In class wait until it's about 2/3 risen before adding diagonal slits. At home, you can carefully slit it right before it goes into the oven. They can be made with a razor blade or sharp knife.
21. **This is a good time to wash your utensils and take a break.**
22. Next, take 1¼C of dough for the bagel and pretzel you will be baking and knead in a little flour to stiffen it. Cut it into ½ and ¾ C pieces and shape it into a ball. (See demonstration.) A dough that's kneaded to be "slack" often needs more flour worked in if it's to be used for free form type breads.
23. **Soft Pretzel**: Take ¾ C of dough from the previous step and roll it into a 30" rope and shape it following class instructions. Then place it on a greased cookie sheet to rise until it's doubled, brush with egg wash, sprinkle it with salt, poppy or sesame seeds if desired, and bake it for about 25 minutes at 375 degrees. (Best-Ever Breads, Soft Pretzels, p. 67)
24. **Bagel**: With ½ C dough from Step 22, knead in cinnamon and raisins at this time if desired. Then roll the dough into a ball and shape it like a donut, making the hole slightly larger than you would think necessary. (At home, allow the bagels to rise 20 minutes before placing them in boiling water. Some recipes say to put several tablespoons of sweetener into the water.)
25. Now place the **bagel** in boiling water 1-2 minutes or until doubled. Remove it from the water, drain it, lightly brush on eggwash on both sides, and sprinkle seeds on one or two sides if desired. Place it on a greased cookie sheet and bake 25-30 minutes at 400 degrees or until the bagel measures 190 degrees. (I find it works well to bake the bagels on a pizza pan with small holes.)
26. **Standard or Braided Loaf of Bread**: Use the remaining dough by shaping it into a regular or braided loaf for your bread pan, covering it with plastic wrap, and placing it in the class refrigerator until the class is over. It will be best if baked when you arrive home because it's made with rapid rise yeast.
27. Bake a medium sized loaf for about 30 minutes in a preheated oven at 375 degrees. (This is recommended in Perfect Bread.) A 100% whole wheat loaf takes a little longer. Smaller items are usually baked at 400 degrees, and bread is best cooled for 15 minutes to avoid a gummy texture where it's been sliced.
28. **Baguette**: Now is a good time to put three diagonal slits about ¼" deep in the baguettes. Just before they are put in the oven in about 15 minutes, brush them with eggwash if desired. Eggwash is made by adding a tablespoon of water to an egg or egg white and stirring. After they've risen about ten more minutes, bake them at 400 degrees for about 25 minutes.
29. **Demonstration**: Shaping pizza crust, different rolls and buns will now be demonstrated.

A System for Fitting Bread Baking into a Busy Schedule

Advantages of the System: With this system, it's possible for a family to save $15 to $20 each week if they make an average of three loaves of bread, a pizza, and a combination of bagels, rolls and buns. Home-made bread can also help them maintain or improve the quality of their diet. We think it tastes good even when you use a conservative amount of oil and sugar, freeze it when freshly baked to eat later, or freeze the dough and bake it sometime during the next month. Read further to find out more.

30. One time-effective way to bake bread is to double or triple a recipe such as that used for this class. We find it easier to set out most of the ingredients and equipment the morning or evening before we make the dough. With experience, it's possible to knead dough made from 10 cups of water. It can be stored in the refrigerator up to two days. When it's removed, shape and pan it, rise it, then bake it. (Best-Ever Breads, Master Dough, p. 16)
31. If making a pizza, it's not necessary to rise the dough before baking it, and it can be kneaded for just five minutes, not ten. However, the longer you wait to bake the pizza after the crust is shaped, the thicker it will be! (Video Pizza)
32. Try shaping the crust by taking a little more dough than necessary, placing it on a greased pan, and spreading it apart as much as you can with your hands. Then roll if necessary to finish smoothing it out and cut off the excess dough. Try partially baking the crust for 10 minutes at 400 degrees. (It can be lightly brush on olive oil, if desired.) Then remove it from the oven, add the other ingredients, and bake it 10-15 minutes longer in a very hot oven at 450-500 degrees.
33. Dough for pizza crust made with regular yeast can be panned, covered with plastic wrap, and left in the refrigerator for a day before baking, but dough made with rapid rise yeast is best if baked the day it's made because of the rapid fermentation speed. (Best-Ever Breads, Master Pizza Dough, p. 69)
34. For an economical, simple sauce, try a can of tomato sauce with some Italian seasoning. (Video Pizza)
35. We try to make a different kind of bread dough about once per week. Then we freeze some, bake some, and put some in the refrigerator and bake it during the next day or two.
36. To have different kinds of fresh bread on hand, we sometimes put 2 small loaves in each medium sized bread pan by cutting the standard amount of dough for the pan in half, shaping both pieces, spraying them on the touching sides with a vegetable oil spray, and placing them side by side in the pan; we then pull them apart 15 minutes after they're baked, eat one, and freeze the other.
37. Although bread takes time and effort to make, in only 1 hour using 8 cups of water, it's possible to make dough for 5 loaves and a large pizza or a combination of other types of breads. If two people are home, the stronger one can do the kneading!
38. The dough rising procedure with regular yeast can easily be done in stages. You can make the dough early in the morning, set it in the refrigerator for the first rise, and then leave for the day. Or you can rise the dough once, pan it, and place it in the refrigerator for part of the second rise. Upon returing home, place the bread pans on the counter to finish rising, and then bake them.

39. We find dough that has been frozen and freshly baked tastes a little better than bread that's been frozen and thawed. But for us, both are a good way to have a steady supply of homemade yeast breads. To protect frozen dough and bread from frost, we like to cut it into the sizes we want, double or triple bag the pieces, and label them. Then we place them in a large, thick plastic container in the freezer.
40. The evening before we want to use frozen dough to bake with, we take a bag out of the freezer and place it in the refrigerator to thaw. In the morning we shape and pan it, set it on the counter to partially rise if we're leaving for the day, and then return it to the refrigerator before we leave. In the afternoon or evening upon returning home, we remove it and place it on the counter for about two to three hours until doubled, and then bake it. If we get home late in the afternoon, we "proof" the bread in the oven at about 100 degrees for about an hour until doubled to speed up the rising process. (Best-Ever Breads, Freezing Master Bread Dough, p. 16)
41. Consult the American Heart Association's Cookbook for ideas on baking high fiber breads made with a conservative amount of calories.
42. Are you trying to add more whole wheat flour to your bread recipes but having trouble adjusting to the taste? We've found that adding about 10% corn meal flour and/or oatmeal to a whole wheat recipe will make it easier to eat. To do this, add these extra flours to boiling water and let them sit for about an hour. (When adding corn meal flour to boiling water, quickly stir it with a wisk as soon as it enters the water.) Then, if you're using the quick-rise method of making batter that's explained in steps 5-9 of this handout, add the soaked flour to the water you're heating up for the dry mixture.

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Center for Science in the Public Interest. Nutrition Action Healthletter: What's the Best Bread?. 1875 Connecticut Ave., N.W., Washington, DC 20009.

Fleischmann's Yeast. (1993). Best-Ever Breads. Birmingham: Time, Inc.
Send $2.95 with name and address allowing four to six weeks for delivery to:
Best-Ever Breads, P.O. Box 5970, Department BF, Stacy, MN 55078-5970

KingArthur Flour, KingArthur Flour Baker's Catalogue, P.O. Box 876, Norwich, Vermont 05055

Oppeneer, Betsy. Perfect Bread: How to Conquer Bread Baking, 1990.
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Ryan, Steven. Video Pizza. 1992.
P.O. Box 12775, Las Vagas, NV 89112.
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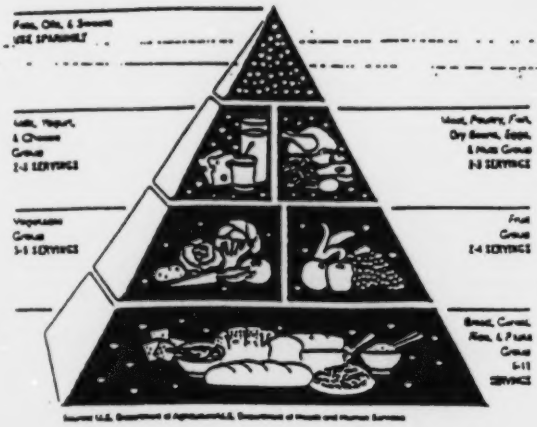
Wheat Foods Council. Grains: The Whole Story. (This a free ten page handout that tells about grains and gives suggestions on how to integrate them into your diet.) To receive your own copy, write to the following address:
Suite 111, 5500 S. Quebec, Englewood, Vermont 80111

THE FOOD GUIDE PYRAMID



The Food Guide Pyramid is an excellent guide for healthful eating. It begins with plenty of breads, cereals, pasta, crackers and other grain foods. Then it builds a balanced diet by adding the vegetable, fruit, milk and meat groups.

No one food group is more important than another — for good health, you need them all. But go easy on fats, oils and sweets: the foods at the tip of the pyramid.

Personal Food Guide Planner

Log your daily food intake here. At the end of the day, see how it compares with the pyramid. Complete this exercise daily until following the Food Guide Pyramid becomes second nature.

Bread, cereal, rice & pasta group (6-11 servings)

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Fruit group (2-4 servings)

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Vegetable group (3-5 servings)

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Milk, yogurt & cheese group (2-3 servings)

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Meat, poultry, fish, dry beans, eggs & nuts group (2-4 servings)

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Fats, oils & sweets (use sparingly)

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

(This is a free handout from the Wheat Foods Council packet - Grains: The Whole Story.)

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What's the Best Bread?

"Best Bites" have whole-wheat or another whole-grain flour as their first ingredient. They also have no more than four grams of fat and 300 milligrams of sodium in two slices.

Breads are ranked from most fiber to least. The weight (in ounces) of two slices is in parentheses following each name.

	Calories	Fiber (g)	Fat (g)
Whole Grain, Whole Wheat			
✔ Lifestream *(4)*[1]	270	11	1
✔ Oroweat Light 100% Whole Wheat *(1.6)*	80	6	0
✔ Food For Life *(2.3)*[2]	158	6	1
✔ Arnold Brick Oven Light 100% Whole Wheat *(1.6)*	80	6	2
Arnold Honey Wheat Berry *(2.3)*	140	6	2
✔ Nature's Cupboard Frontier Whole Wheat *(2.7)*	180	6	2
Rudi's Bakery Country Cracked Wheat *(2.8)*	200	6	2
Home Pride Hearty 100% Stoneground Whole Wheat *(2.8)*•	180	6	3
✔ Arnold# Bran'nola Dark Wheat *(2.7)*	180	6	4
Arnold# Bran'nola Hearty Wheat *(2.7)*	180	6	6
✔ Alvarado St. Bakery Sprouted Barley *(2.4)*	140	4	1
✔ Alvarado St. Bakery Sprouted Sourdough *(2.4)*	160	4	1
✔ Country Hearth 100% Whole Wheat *(2.1)*	120	4	1
✔ Arnold Brick Oven Wheat *(1.6)*	120	4	2
Mrs. Wright's 100% Whole Wheat *(2.2)*	140	4	2
✔ Natural Ovens *(2.3)*[3]	123	4	2
Nature's Cupboard Honey Wheat Berry *(2.7)*•	180	4	2
Pepperidge Farm Natural Whole Grain 100% Whole Wheat *(2.4)*	180	4	2
Pepperidge Farm Wholesome Choice Nine Grain *(2.4)*	180	4	2
✔ Pritikin Whole Wheat *(2.0)*	140	4	2
✔ Roman Meal 100% Whole Wheat *(2.0)*	120	4	2
Wonder 100% Whole Wheat *(2.0)*	140	4	2
✔ Pepperidge Farm Natural Whole Grain Crunchy Grains *(2.4)*	180	4	3
✔ Pepperidge Farm Very Thin Sliced Wheat *(1.1)*	73	3	1
✔ Shiloh Farms or Breads for Life *(2.5)*[4]	178	3	1
✔ Arnold Stoneground 100% Whole Wheat *(1.5)*	100	3	2
✔ Oroweat Northridge 100% Whole Wheat *(1.8)*	120	3	2
✔ Pepperidge Farm Soft 100% Whole Wheat *(1.8)*	120	2	1
✔ Merita Stone Ground 100% Whole Wheat *(1.8)*	120	2	2
✔ Pepperidge Farm Whole Wheat Thin Sliced *(1.8)*	120	2	2
✔ Brownberry Natural Health Nut *(1.8)*	140	2	3
✔ Wonder Soft 100% Whole Wheat *(1.6)*	110	1	2
Mixed Grain			
Wonder Light Nine Grain *(1.6)*	80	6	1
Arnold# Bran'nola, Nutty Grains or Original *(2.7)*	180	6	4
Arnold# Bakery Light Golden Wheat *(1.5)*	80	5	1
Roman Meal Light, Seven Grain or Wheatberry *(1.6)*	80	5	1
Pepperidge Farm Hearty Slices, Seven Grain or Honey Wheatberry *(2.7)*	200	4	3
Home Pride Hearty, Seven Grain or Multi Grain *(2.7)*	200	4	4
Roman Meal Sun Grain with Oat Bran *(2.8)*	200	4	4
Pepperidge Farm Light Style Seven Grain *(1.4)*	93	3	1
Mrs. Wright's 12 Grain *(2.2)*	160	2	2
Roman Meal Round Top *(2.0)*	140	2	2
Roman Meal Sandwich *(1.6)*	110	2	2
"Wheat" (Refined White)			
Wonder Light Calcium Enriched Wheat *(1.6)*	80	6	1
Wonder Light Wheat *(1.6)*	80	6	1
Roman Meal Light Wheat *(1.6)*	80	5	1
Wonder Light, French, Italian, or White *(1.6)*	80	5	1
Brownberry Natural Whole Bran *(1.8)*	120	4	2
Nature's Cupboard Honey Bran *(2.4)*	160	4	2
Pepperidge Farm Light Style Wheat *(1.4)*	87	3	1
Mrs. Wright's Crushed Wheat *(2.2)*	140	2	1
Beefsteak Hearty or Soft Wheat *(2.0)*	140	2	2
Home Pride Honey Wheat or Wheat *(2.0)*	140	2	2
Mrs. Wright's Homestyle Butter Top Wheat *(2.2)*	150	2	2
Mrs. Wright's Premium Wheat Sandwich *(1.8)*	140	2	2
Pepperidge Farm Cracked or Family Wheat *(1.9)*	140	2	2
Wonder Cracked or Family Wheat *(2.0)*	140	2	2
White *(1.8)*	134	1	2
Oat, Pumpernickel, Rye			
Arnold# Bran'nola Country Oat *(2.7)*	180	6	5
Beefsteak Light Rye *(1.6)*	70	5	1
Arnold# Bakery Light, Oatmeal or Soft Rye *(1.5)*	80	4	1
Wonder Light Oatmeal *(1.6)*	90	4	1
Arnold Oatmeal *(1.8)*	120	4	2
Pepperidge Farm Light Style Oatmeal *(1.3)*	93	3	1
Arnold Real Jewish Rye Without Seeds *(2.1)*	140	2	1
Arnold August Brothers Pumpernickel *(2.7)*	180	2	2
Arnold Bakery Soft Rye or Pumpernickel *(2.2)*	160	2	2
Beefsteak Pumpernickel *(2.0)*	140	2	2
Beefsteak Rye, Hearty or Soft *(2.0)*	140	2	2
Pepperidge Farm Classic Pumpernickel *(2.3)*•	160	2	2
Pepperidge Farm Dijon Thin Sliced Rye *(1.5)*	110	2	2
Pepperidge Farm Jewish Seeded Rye *(2.3)*•	160	2	2
Pepperidge Farm Old Fashioned Oatmeal *(2.4)*	160	2	2
Roman Meal Honey & Oat Bran *(2.8)*	200	2	3
Nature's Cupboard Oat N' Hazelnut *(2.7)*	200	2	4
Pepperidge Farm Soft Oatmeal *(1.8)*	120	1	1
Mrs. Wright's Jewish Rye With Seeds *(1.6)*	110	1	2

✔ = Best Bite. # = Brownberry in the Midwest. • = Contains more than 400 mg of sodium.

[1] Average for the entire line. [2] Average for the entire line except Bran for Life and Millet (doesn't include "wheat-free" line).
[3] Average for the entire line except English Muffin, Flax 'N Honey, Seven Grain Herb, and Soft Sandwich. [4] Average for the entire line except Shiloh Farms Whole Wheat Sunflower and Breads for Life Gluten and Soy Sunflower.

Information obtained from manufacturers and USDA Handbook 8.■ The use of information from this article for commercial purposes is prohibited without written permission from CSPI.

Nutrition Action Healthletter, published by the nonprofit Center for Science in the Public Interest, 1875 Connecticut Avenue, N.W., Washington, DC 20009

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Milk, Yogurt, and Cheese Group

2–3 Servings

- Choose skim milk and nonfat yogurt often. They are lowest in fat.
- 1½ to 2 ounces of cheese and 8 ounces of yogurt count as a serving from this group because they supply the same amount of calcium as 1 cup of milk.
- Choose "part skim" or lowfat cheeses when available and lower fat milk desserts, like ice milk or frozen yogurt. Read labels.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

2–3 Servings

- Choose lean meat, poultry without skin, fish, and dry beans and peas often. They are the choices lowest in fat.
- Prepare meats in lowfat ways:
  —Trim away all the fat you can see.
  —Remove skin from poultry.
  —Broil, roast, or boil these foods instead of frying them.
- Nuts and seeds are high in fat, so eat them in moderation.

Developed as a cooperative effort by:

International Food Information Council Foundation
1100 Connecticut Avenue, N.W. Suite 430
Washington, D.C. 20036
http://ificinfo.health.org

United States Department of Agriculture
Center for Nutrition Policy and Promotion
1120 20th St, N.W., Suite 200, North Lobby
Washington, D.C. 20036
http://www.usda.gov/fcs/cnpp.htm

Food Marketing Institute
800 Connecticut Avenue, N.W.
Washington, DC 20006
http://www.fmi.org

Revised 1996

The Food Guide Pyramid...

Beyond the Basic 4

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What's the Best Nutrition Advice?

It's following the Dietary Guidelines for Americans. These are seven guidelines for a healthful diet—advice for healthy Americans 2 years of age or more. By following the Dietary Guidelines, you can enjoy better health and reduce your chances of getting certain diseases—such as heart disease, high blood pressure, stroke, certain cancers, and the most common type of diabetes. These Guidelines are the best, most up-to-date advice from nutrition experts.

- Eat a variety of foods.
- Balance the food you eat with physical activity—maintain or improve your weight.
- Choose a diet with plenty of grain products, vegetables, and fruits.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

What is the Food Guide Pyramid?

The Food Guide Pyramid is an outline of what to eat each day based on the Dietary Guidelines. It's not a rigid prescription but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to help you maintain or improve your weight.

Use the Pyramid to help you eat better every day... the Dietary Guidelines way. Start with plenty of breads, cereals, rice, pasta, vegetables, and fruits. Add 2–3 servings from the milk group and 2–3 servings from the meat group. Remember to go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

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The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

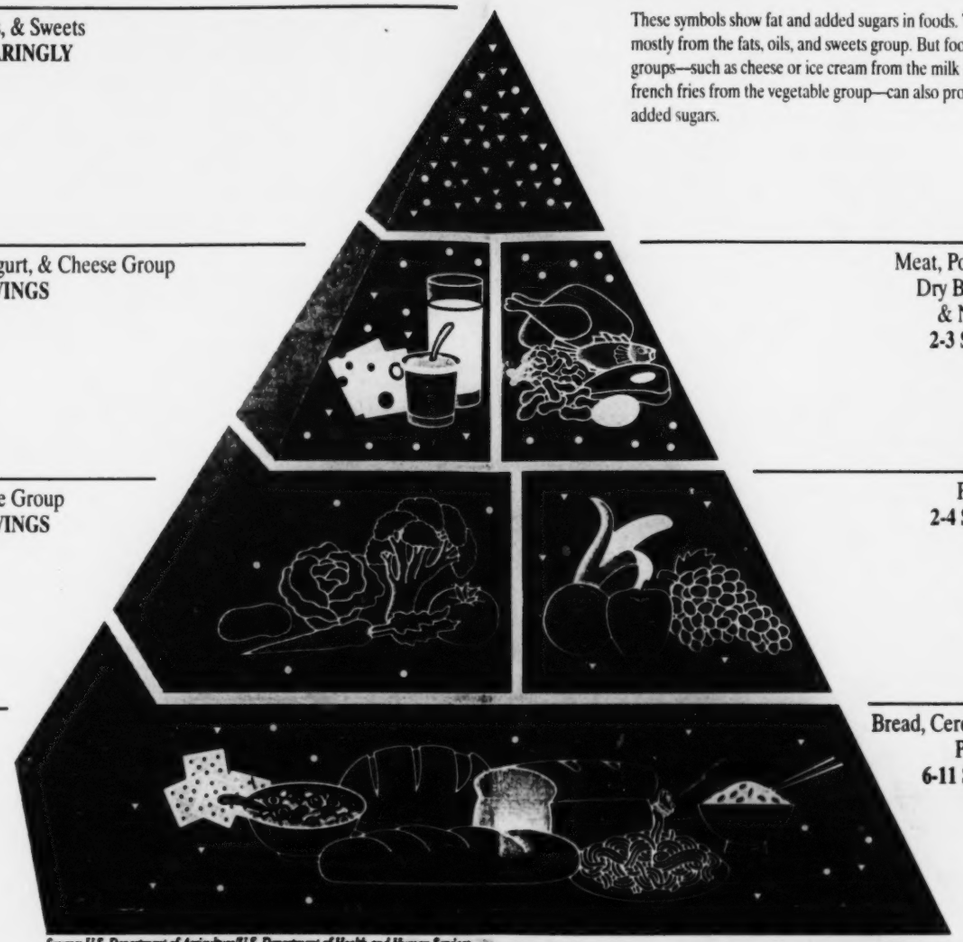
Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Key

- ◘ Fat (naturally occurring and added)
- ◘ Sugars (added)

These symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups—such as cheese or ice cream from the milk group or french fries from the vegetable group—can also provide fat and added sugars.

Looking at the Pieces of the Pyramid

The Food Guide Pyramid emphasizes foods from the five major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one of these major food groups is more important than another—for good health, you need them all.

What Counts as 1 Serving?

The amount of food that counts as 1 serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta.

Be sure to eat at least the lowest number of servings from the five major food groups listed below. You need them for the vitamins, minerals, carbohydrates, and protein they provide. Just try to pick the lowest fat choices from the food groups. No specific serving size is given for the fats, oils, and sweets group because the message is USE SPARINGLY.

Food Groups

Milk, Yogurt, and Cheese

1 cup of milk or yogurt	1½ ounces of natural cheese	2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2–3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans, or 1 egg count as 1 ounce of lean meat. 2 tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat

Vegetable

1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice

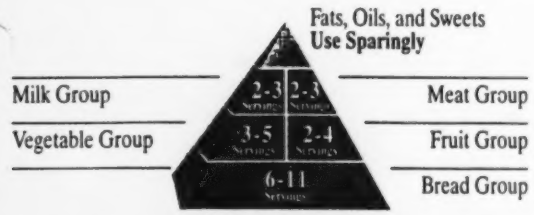
Fruit

1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice

Bread, Cereal, Rice, and Pasta

1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta

How To Make the Pyramid Work for You



The Food Guide Pyramid shows a range of servings for each major food group. The number of servings that are right for you depends on how many calories you need, which in turn depends on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings in the ranges.

Now take a look at the table below. It tells you how many servings of each major food group you need for your calorie level. It also tells you the total grams of fat recommended for each calorie level; the Dietary Guidelines recommend that Americans limit fat in their diets to 30 percent of calories. This includes the fat in the foods you choose as well as the fat used in cooking or added at the table.

How many servings do you need each day?

	Many women, older adults	Children, teen girls, active women, most men	Teen boys, active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread Group Servings	6	9	11
Vegetable Group Servings	3	4	5
Fruit Group Servings	2	3	4
Milk Group Servings	2-3**	2-3**	2-3**
Meat Group Servings	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces
Total Fat (grams)	53	73	93

* These are the calorie levels if you choose low fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

**Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

Pyramid Pointers...
Selection Tips for Building a Better Diet

The most effective way to moderate the amount of fat and added sugars in your diet is to cut down on "extras"—foods in the sixth food group (fats, oils, and sweets). Also choose lower fat and lower sugar foods from the other five food groups often. Here are some tips:

Fats, Oils, and Sweets

Use Sparingly

- Go easy on fats and sugars added to foods in cooking or at the table—butter, margarine, gravy, salad dressing, sugar, and jelly.
- Choose fewer foods that are high in sugars—candy, sweet desserts, and soft drinks.

Bread, Cereal, Rice, and Pasta Group

6–11 Servings

- To get the fiber you need, choose several servings a day of foods made from whole grains.
- Choose most often foods that are made with little fat or sugars, like bread, English muffins, rice, and pasta.
- Go easy on the fat and sugars you add as spreads, seasonings, or toppings.
- When preparing pasta, stuffing, and sauce from packaged mixes, use only half the butter or margarine suggested; if milk or cream is called for, use lowfat milk.

Vegetable Group

3–5 Servings

- Different types of vegetables provide different nutrients. Eat a variety.
- Include dark-green leafy vegetables and legumes several times a week—they are especially good sources of vitamins and minerals. Legumes also provide protein and can be used in place of meat.
- Go easy on the fat you add to vegetables at the table or during cooking. Added spreads or toppings, such as butter, mayonnaise, and salad dressing, count as fat.
- Use lowfat salad dressing.

Fruit Group

2–4 Servings

- Choose fresh fruits, fruit juices, and frozen, canned, or dried fruit. Go easy on fruits canned or frozen in heavy syrups and sweetened fruit juices.
- Eat whole fruits often—they are higher in fiber than fruit juices.
- Count only 100 percent fruit juice as fruit. Punches, ades, and most fruit "drinks" contain only a little juice and lots of added sugars.

Possible advertisement for Home-Baked Breads for Busy People

Home-Baked Breads for Busy People

Bake a no-knead bread, pretzel, bagel, and a baguette using rapid rise yeast. Learn how to shape pizza crust and some different types of rolls. Discover how you can have a steady supply of tasty breads using your freezer and refrigerator and save some money on your food budget. Receive handouts for explaining to middle schoolers the role that bread plays in the Food Guide Pyramid. A list of items to bring to class will be available upon registration.

Instructor: John Kirk
Date:
Time: 6:00-8:30 pm

Course: Home-Baked Breads for Busy People
Class list to distribute to students at enrollment or by mail
Instructor: John Kirk
1997

8C sifted unbleached all-purpose flour
3T sugar
2t salt
2T oil
2 packets of rapid rise yeast (usually found in the dairy section or in the flour/baking section of a supermarket)
(t-teaspoon, T-tablespoon, C-cup)

Please bring the above ingredients in two plastic bags and in a small container as follows:

1. In a one gallon plastic bag, put 5 cups of white flour, 3T sugar, 2t salt, and 2 packets of rapid rise yeast.
2. In the other plastic bag put the remaining white flour.
3. In a small container, put 2T oil.

Please also bring:

4. 4-5 quart bowl
5. 2-3 quart bowl
6. cookie sheet
7. wooden spoon
8. an 8 ounce measuring cup
9. vegetable oil spray
10. spatula
11. serrated knife
12. several 1 gallon plastic bags
13. plastic dough scraper (This item is inexpensive but very important and available at cooking shops such as the Whip and Spoon and the Portland Tinware Co. for less than a dollar.)
14. dish cloth to wash your utensils with and to clean the counter
15. medium size bread pan

Optional items to bring:

16. sesame or poppy seeds
17. raisins
18. cinnamon
19. If you wish your dough to contain herbs, bring 1/2 t nutmeg, 1/4t thyme, 1/2t rosemary and 2t caraway seeds mixed in a plastic bag.
20. If you would like, bring some butter and/or cream cheese to sample your breads with at the end of class.

Coarse Kosher salt, an egg, a brush, and small aluminum foil baking pans will be provided for the group.

CE

John Kirk, 1997

(This is a promotional news article for the two classes.)

Bread Baking Teachers Wanted

Would you like to teach Home-Baked Breads for Busy People, an introductory two and one-half hour adult education bread-baking class? John Kirk has streamlined and successfully taught this class at Brunswick Adult Education, Brunswick, Maine for the past four semesters and to over 175 people.

He would like to share his lesson plan and student handout with experienced home bakers. The handout provides step by step instructions for the class. (This information is available through ERIC, the Educational Resources Information Center, at your local library. A packet for a simpler version of this class written at an easy reading level and entitled Home-Made Breads can also be requested.)

During the class students learn to "knead by feel," bake a no-knead bread, baguette, pretzel and a bagel, and they take home a panned, medium-sized braided bread that has been kept cool in the refrigerator to bake that evening. Shaping pizza crust and different rolls is also demonstrated.

Also explained is a versatile time-saving baking system where by making different types of dough using four to ten cups of water several times per month and using the refrigerator and freezer, a family can have a steady supply of tasty yeast bread and save some money. The Kirk family used this system for four years when they were living in Taipei.

At the end of class participants are given nutritional information important for children in grades 4-8. These handouts are from the Cooperative Extension and The Wheat Foods Council. They explain the role bread plays in the USDA Food Guide Pyramid and also show how to organize and count servings from the "bread, cereal, rice and pasta group".

The packet for the higher level class refers to some material from Perfect Bread , a video by Betsy Openeer at KingArthur's Flour Co., and is referenced to recipes in Best-Ever Breads, a well-written $3.00 cookbook by Fleischmann's.

With this material, bread bakers can start beginners on their way to a great hobby.